

Hawaii MARINE SPORTS

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FEBRUARY 29, 2008

EasyRiders win close battle, 40-36

Lance Cpl. Alesha R. Guard

Combat Correspondent

After almost blowing a 15 point lead, Helicopter Anti-Submarine Squadron Light 37 got it together in the end for a 40-36 win over Marine Heavy Helicopter Squadron 362 during an Intramural Basketball League game Monday, at the Semper Fit Center here.

Even with a quick offense and deep bench, the HSL-37 EasyRiders had a hard time wearing down the HMH-362 Ugly Angels' five-man team.

"We usually have a deeper team, but this week we lost quite a few players to training events," said Juan Valedz, Angels team captain. "Also, our center and forward play for the base team, and they are at a tournament this week."

See B-BALL, C-7



Lance Cpl. Alesha R. Guard

Michael Moore, EasyRiders, and Robert Garnel, Ugly Angels, leap for a rebound during the game. HSL-37 got it together in the end for a 40-36 win over HMH-362 during an Intramural Basketball League game at the Semper Fit Center here Monday.



Photos by Lance Cpl. Achilles Tsantarliotis

Competitors low crawl through a part of Combat Service Support Group 3's 14th Annual Swamp Romp, Saturday at Nu'upia Ponds. Competitors trudged through more than five miles of water, sand, mud and swamp during Hawaii's dirtiest footrace.

Swamp Romp

Annual event leaves Marines, civilians muddy, hungry for more

Lance Cpl. Achilles Tsantarliotis

Combat Correspondent

Nearly 2,000 "Swamp Things" got down and dirty during Hawaii's filthiest footrace, Combat Service Support Group 3's 14th annual "Swamp Romp," at the Nu'upia Ponds here, Saturday.

"Mudderfo" came in first for the men with a time of 1:01:40, while "Team Extra" trailed in at 1:14:23 for second and "Heart Attack" closing in at 1:21:30 for third. "Dirty Divas" took first for the women with a time of 1:26:38, while "Mud Mothers" slid into second at 1:29:12 and "These Women" finished third at 1:30:47.

Three hundred teams of six competed in the 5.5-mile obstacle-laden course, which began near the host's

See SWAMP, C-6



Participants run the begining stretch of CSSG-3's 14th Annual Swamp Romp, Saturday at the Nu'upia Ponds here.

Family day held at K-Bay Lanes

Lance Cpl. Alesha R. Guard

Combat Correspondent

Her tiny bowling shoes shuffled to the start of the long, wooden lane as her arms cradled a heavy, green ball. With all her strength, she tossed the bowling ball down her lane, watching it thud to the ground and make its way to the bowling pins.

Jada Bennett, a five-year-old participant at family bowling day, laughed and cheered with her family and friends as they bowled Saturday at K-Bay Lanes. Operation Homefront hosted the free day of fun for families of deployed and soon-to-be deployed Marines and Sailors.

"Each month, Operation Homefront holds an event for deployed families," said Vanessa Donaldson, key volunteer, 2nd Battalion, 3rd Marine Regiment. "The activities get women out to meet and have fun with other moms. It's a great way for kids to meet other kids with deployed parents."

Donaldson said she lives off



Lance Cpl. Alesha R. Guard

Jaden Bennett, 7-year-old-participant, bowls at K-Bay Lanes Saturday during Operation Homefront's family bowling day.

base, so programs like Operation Homefront are her link to other moms.

"I didn't know anyone before getting involved with the program," Donaldson said. "It's my way of keeping connected to the other mothers."

After the children bowled their games and ate their cake, they went outside to check out the bouncy house.

"My family won two bowling games," said Kiersten

O'Connell, 10-year-old participant. "For winning, they gave out raffle prizes, and we won two free bowling games. The best part was beating my mom. We had a lot of fun playing together."

O'Connell jumped in the bouncy house outside K-Bay Lanes with her younger brother and sister after taking off their multicolored bowling shoes.

"This is really fun," laughed Kaelyn O'Connell, jumping in

the blown-up fun house. "My favorite part of today is the bouncy house."

While the children jumped off the rest of their energy, mothers sat outside the fun house, meeting other wives and laughing with their children.

"My kids really look forward to the Marine Corps Community Services activities," Wendy O'Connell said.

See BOWLING, C-7

Early dental visits prevents problems

Navy Lt. John McGehee

21st Dental Company

Many parents may not know their 1-year-olds are ready for their first dental checkup, but more and more dentists agree that the earlier children visit the dentist, the better.

The Academy of General Dentistry and the American Dental Association are just two of the organizations that recommend bringing children to the dentist six months after they get their first tooth, usually sometime between one year and 18 months old.

"When teeth start to come in, we need to teach parents about nutrition and the growth and development of the child and their teeth," said AGD spokesperson Cynthia Sherwood, DDS.

While age one visits are recommended for all children, they could prove especially beneficial for children who drink liquids other than water. Acids and sugars in juices, formulas and breast milk can all lead to decay. Visiting the dentist at age one helps spot early signs of decay and cavities in baby teeth. It could also help put a major dent in childhood oral disease, which affects an estimated 2.5 million children

nationwide and often results in lifelong problems that are painful, expensive and not just limited to the mouth.

"There's a common misconception that they're just baby teeth, and they aren't important," Sherwood said. "But really, it's about establishing good oral care habits."

The age one visit won't just involve the child – parents also participate, typically holding the child while the dentist takes a look inside the child's mouth. The dentist will then spend time discussing proper eating and tooth-care habits with parents to help head the child in the right direction so future dental visits aren't so scary.

The Academy of General Dentistry is a nonprofit organization of more than 35,000 general dentists dedicated to staying up-to-date in the profession through continuing education.

A general dentist is the primary care provider for patients of all ages and is responsible for the diagnosis, treatment, management and overall coordination of services related to patient's oral health needs. Learn more about AGD member dentists or find more information on dental health topics at <http://www.agd.org/consumer>.



Chief Petty Officer Victor Flores, medical, Marine Aircraft Group 24 explains the rules of an obstacle to members of West Oahu Athletic Club Saturday during a visit to Marine Corps Base Hawaii.



A member gets lifted onto a board during an obstacle that simulates Marines maneuvering ammunition from opposite sides of a ravine.



Maria Polevia, 13, crawls across a board while negotiating an obstacle on the Leadership Reaction Course.

West Oahu Athletic Club members tackle Leadership Reaction Course

Cpl. Rick Nelson
Community relations NCO

Members of the West Oahu Athletic Club arrived here Saturday to complete the Leadership Reaction Course, and give the club a taste of what Marines’ and Sailors’ training consists of.

The day began with Chief Petty Officer Gregory F. Fall, senior enlisted leader, medical, Marine Aircraft Group 24, giving the club members a brief of what they could expect throughout the day.

“The key thing today is safety,” Fall said. “The children in the club will be going through four different sections of the Leadership Reaction Course. In each section of the course the group must work as a team to complete it.”

Fall said most of the obstacles were lower to the ground

to maintain safety, but didn’t take away from the authenticity of the training.

“This is the same course Marines go through. Nothing was made easier for the children, just made sure we did the safest obstacles,” said 27-year-old Fall. “A lot of the obstacles are lifelike scenarios that a Marine may encounter in combat, such as bringing ammunition from one side of a ravine to another. It may sound like an easy task, but when you’re worrying about getting the rest of your men across with the ammo a lot of other factors come into play.”

For each obstacle the groups were given five minutes to talk about how they were going to meet their objective. Once the five minutes were up, the team could only speak directly to the person they chose as

the team leader.

“This makes it to where everyone has to pay attention and step up when the time comes,” Fall said. “A lot of people are followers and in the Marine Corps everyone is taught leadership traits, which is what we were trying to instill in these kids today.”

According to Maria Polevia, 13, being in charge was the most difficult part of the obstacles.

“I hated having to make all of the decisions with no help,” Polevia said. “If we would’ve failed with me as the leader it would have been my fault because everyone was depending on me.”

Polevia said she enjoyed doing the obstacles and completing the course is something she will always remember.

“This was a good project for

this group, because they’re a team and understand some of the teamwork traits we hold dearly. This was a huge community relations project from top to bottom,” said Fall, a Teaneck, N.J. native. “I enjoy doing stuff with the community, and any opportunity to showcase what the Marines do and allow the public to come on base is a win-win situation.”

Fall said he thinks projects like this help build a healthy relationship with the community.

“We’re very grateful to the Marines and Sailors who took the time out of their weekend to help us with the course,” said Ala Iosefa, head coach. “The kids really seemed to enjoy interacting with the service members, and I think they’ll want to come back in the future.”



During his lunch hour, Staff Sgt. Dennis Gilbert, staff noncommissioned officer-in-charge, Wounded Warriors Company, 3rd Marine Regiment, gets in a workout at the 3rd Marines Satellite Gym here Monday.



Sergeant Chris Spinazzola, Fire Direction Control, Bravo Company, 1st Battalion, 12th Marine Regiment, works his arms on the cable machine at the Satellite Gym.

Satellite Gym open around the clock for two-week trial

Lance Cpl. Alesha R. Guard
Combat Correspondent

For the past two weeks, the base Satellite Gym door hasn’t closed. From sunup to sundown, Marines staffed the gym, giving patrons the option to burn calories while burning the midnight oil.

The 24-hour trial was to see if Marines would use the gym during the extended hours, for a possible permanent change in hours.

“The trial is to see when the gym is the most active, who shows up on the weekends, and who works out from 10 p.m. to 5 a.m.,” said 1st Lt. Jonathan Arnold, training

officer, Headquarters Company, 3rd Marine Regiment. “The gym will also be receiving new equipment to better the facility, and the staff will have an official work uniform.”

Additional equipment includes large fans, a stereo system and new speakers. The staff is also taking classes on basic equipment maintenance and weightlifting basics.

“I think it definitely would get used if it was open 24 hours all week,” said Sgt. Chris Spinazzola, Fire Direction Control, Bravo Company, 1st Battalion, 12th Marine Regiment. “When the other [Semper Fit] gym is closed, it’s nice

to have this one available. You can workout in boots and [utilities] in this gym and it’s near my barracks which makes it easy to come in during lunch and the weekends.”

Marines staffing the gym agreed it would be beneficial if the hours were permanently extended.

“The gym was packed on the weekends,” said Lance Cpl. Ben Heckman, gym staff, Headquarters Company, 3rd Marine Regiment. “Since it’s normally closed Saturday and Sunday, Marines took advantage of the opportunity. I think they would continue to use it if weekends are permanently open.”

Heckman said the gym was used the most before 11 p.m. After that, there weren’t more than five people who came in on any of his night shifts.

“I think if the word got out, there would be a lot more people using the gym during the extended hours,” said Sgt. Nate Tatum, gym staff, Headquarters Company, 3rd Marine Regiment. “Numbers may have been low during the night because of the Marines at Pohokalu Training Area and those who didn’t know about the 24-hour trial.”

Tatum said he received a lot of positive feedback from the Marines. Those who found out about the 24-

hour trial period told him they thought it was a great idea.

“I know some of my Marines have used this gym late at night to get a workout in,” said Staff Sgt. Dennis Gilbert, staff non-commissioned officer-in-charge, Wounded Warriors Company, 3rd Marine Regiment. “There’s some Marines who’d rather workout than go partying on the weekends, and it’d be nice if they had the opportunity here.”

The two-week 24-hour trial ended Monday, and the gym returned to its normal hours 5 a.m. to 10 p.m., Monday through Friday.

SPOTLIGHT ON SPORTS

—SPORTS BRIEFS—

Urgent: Coaches Needed

Help teach children the fine art of baseball! Practice is set to begin next week, and a coach is still needed for a t-ball team and a machine-pitch team. Many of the players are children of deployed Marines and Sailors.

For more information, call 254-7610 or visit <http://www.mccshawaii.com/child.htm#sports>.

Spring Splash

Sign up now for free swim lessons and free Red Cross swim evaluations Saturday from noon to 4 p.m. There will also be a bouncy house, music and games. The event is free and open to all military, family members and Department of Defense employees.

For more information, contact Marine Corps Community Services Aquatics at 254-7655.

K-Bay Challenge Golf Tournament

The commanding officer, Marine Corps Base Hawaii, presents the K-Bay Challenge at Klipper Golf Course March 13 at 12:30 p.m. The four-man scramble tournament is first come, first reserved. Slots are limited and will fill quickly. There are prizes for 1st, 2nd and 3rd place, closest to the pin (on par 3s), and longest drive. All proceeds go to the prize pool. Prices vary depending on rank.

To register your team or for more information, call Staff Sgt. Steven K. Perry at 257-2110 ext. 280 or e-mail Steven.K.Perry@usmc.mil.

Satellite Gym Open 24 Hours

The Satellite Gym is now open 24-hours until Tuesday. The gym is getting new equipment, including large fans, a new stereo system and speakers and official 3rd Marine Regiment uniforms for the staff. The staff is also taking classes on basic equipment maintenance, equipment safety and fitness and weightlifting basics.

For more information, call Lt. Jon Arnold at 257-1663.

Surf & Turf Race

The Headquarters Battalion Surf & Turf 5k is March 29 at 7 a.m. The scenic course goes through Klipper Golf Course to North Beach. Cost is \$17, but goes up to \$20 after March 21.

For more information or to register, call 254-7590, visit the Semper Fit Center here, or log onto <http://www.mccshawaii.com/cgfit.htm>.

Goju-Kan Karate

Aspiring martial artists can participate in Goju-kan Karate Monday, Wednesday and Friday at 5:30 p.m. at Building 1090's multi-purpose room (the old Base Chapel).

Sign up at Youth Activities, or call 254-7610 for more information.

Youth Gymnastics/Dance Class

Youth of all ages can attend gymnastics and a variety of dance classes Monday through Saturday at Building 1090. Classes are at varying times in the morning, afternoon and evening, so interested parents and youth should stop by Youth Activities for more information. Classes include dance, hula, tumbling and more.

For more information, call 254-7610.

Parents for Fitness

The Parents for Fitness Program is a cooperative babysitting effort available at the Semper Fit Center, here for all active duty service members and their families. The PFFP participants are required to volunteer babysit three times per month and is open for children 6 weeks and older.

For more information, ccall 664-0184.

Deep-Sea Fishing Charters Offered at Base Marina

Fishermen searching for convenient access to deep-sea charters need look no further than the Base Marina. Bill Collector Fishing Charters offers numerous charter packages accommodating up to six passengers.

Avoiding the traffic and crowd of Oahu's South Shore, Bill Collectors charters fish from the uncrowded waters of Windward Oahu.

For more information or to charter the Bill Collector, contact the Base Marina at 257-7667 or 254-7666.

Campground and Picnic Sites

For picnic and campsites, Marine Corps Base Hawaii offers some of the most scenic beaches on the island.

Three of those beaches, Pyramid Rock, Hale Koa and Fort Hase, are available by reservation from dawn to dusk. Hale Koa Beach is available for overnight camping, but requires a reservation.

For more information, contact 254-7666 for Kaneohe or 477-5143 for Camp Smith.

Paintball Hawaii

Nestled behind the Lemon Lot stands Paintball Hawaii. Shoot over for great deals and have a blast with your friends.

Cost is \$25 per person and includes one air refill, equipment and the field fee. The field is open weekends from 9 a.m. to 5 p.m.

For more information or to schedule an appointment, call 265-4283.

2008 Intramural Basketball Standings

TEAM	WINS	LOSSES
VP-4 #1	6	1
CSSG-3	6	1
CPRW-2	6	1
HSL-37	6	2
HQBN "IPAC"	5	2
MALS-24	5	2
MCAF	5	2
3RD RADIO BN	4	4
3RD MARINES	3	4
VP-4 #2	2	5
SNCOA	2	5
HMH-362	2	6
VPU-2	0	6
VP-9	0	7

Standings as of Feb. 25



2008 Intramural Baseball Standings

TEAM	WINS	LOSSES
MAG-24	3	1
HQBN	2	1
3RD RADIO BN	2	1
CPRW-2	3	2
CSSG-3	2	3
CMO	1	2
1/12	1	4

Standings as of Feb. 25

Semper Fit offers group classes



Group exercise classes are available at Semper Fit Center! Keep in shape with one of several training sessions that work out all your body areas. Classes at the center include:

Glutes to the Max

Unmush your tush with this intense glute workout. Get rid of the granny fanny with exercises for the hips and butt as you tone with weights, the exercise ball and resistance bands. To top it all off there will be a short ab workout and some stretching after your glutes have been pushed to the max.

Stretch

Reach for your toes in this class. Tired of having someone else scratch your back? Time to limber up. A class working on

getting back the flexibility you once had or just stretching out those over worked muscles. This class is great way to reduce your chances of getting injured from tight muscles.

Yoga

Stretch your mind and your workout in this conditioning class. Learn how to be more fit, flexible and ease all your daily stress.

Ask about discounts for active-duty members. For more information, call 254-7597.

Be cool at the Base Pool!



Winter hours

Open Swim
Tuesday through Friday 1 to 5 p.m.
Saturday and Sunday Noon to 5 p.m.

Adult Lap Swim
Tuesday through Friday 11 a.m. to 1 p.m.
Saturday and Sunday lanes available Noon to 5 p.m.
The pool is closed on Monday.
Swim lessons will be available for infants to adults in March 2008.
Lessons are open to all active duty, family members and DoD employees.
For more information about hours of operation or times available for lessons, call Dino Leonard at 254-7655.

HEALTH AND WELLNESS

Eye safety guidelines essential to saving sight

Press Release
Prevent Blindness America

Why is eye safety at work important?

Eye injuries in the workplace are very common. More than 2,000 people injure their eyes at work each day. About one in 10 injuries require one or more missed workdays to recover from. Of the total amount of work-related injuries, 10-20 percent cause temporary or permanent vision loss.

Experts believe the right eye protection could have lessened the severity or even prevented 90 percent of eye injuries in accidents.

What are the common causes of eye injuries?

Common causes for eye injuries are:

- ♦ Flying objects (bits of metal, glass)
- ♦ Tools
- ♦ Particles
- ♦ Chemicals
- ♦ Harmful radiation
- ♦ Any combination of these or other hazards

What is my best defense against an eye injury?

There are three things you can do to help prevent an eye injury:

- ♦ Know the eye safety dangers at work-complete an eye hazard assessment
- ♦ Eliminate hazards before start-

ing work. Use machine guarding, work screens, or other engineering controls)

- ♦ Use proper eye protection

When should I protect my eyes at work?

You should wear safety eyewear whenever there is a chance of eye injury. Anyone working in or passing through areas that pose eye hazards should wear protective eyewear.

What type of safety eyewear is available to me?

Safety eyewear protection includes:

- ♦ Non-prescription and prescription safety glasses
- ♦ Goggles
- ♦ Face shields
- ♦ Welding helmets
- ♦ Full-face respirators

What type of safety eye protection should I wear?

The type of safety eye protection you should wear depends on the hazards in your workplace.

If you are working in an area that has particles, flying objects, or dust, you must at least wear safety glasses with side protection (side shields).

If you are working with chemicals, you should wear goggles.

If you are working near hazardous radiation (welding, lasers, or fiber optics) you must use special-purpose safety glasses, goggles, face shields, or helmets designed for that task.

What is the difference between glass, plastic, and polycarbonate safety lenses?

All three types of safety lenses meet or exceed the requirements for protecting your eyes.

Glass lenses

- ♦ Are not easily scratched
- ♦ Can be used around harsh chemicals
- ♦ Can be made in your corrective prescription
- ♦ Are sometimes heavy and uncomfortable

Plastic lenses

- ♦ Are lighter weight
- ♦ Protect against welding splatter
- ♦ Are not likely to fog
- ♦ Are not as scratch-resistant as glass

Polycarbonate lenses

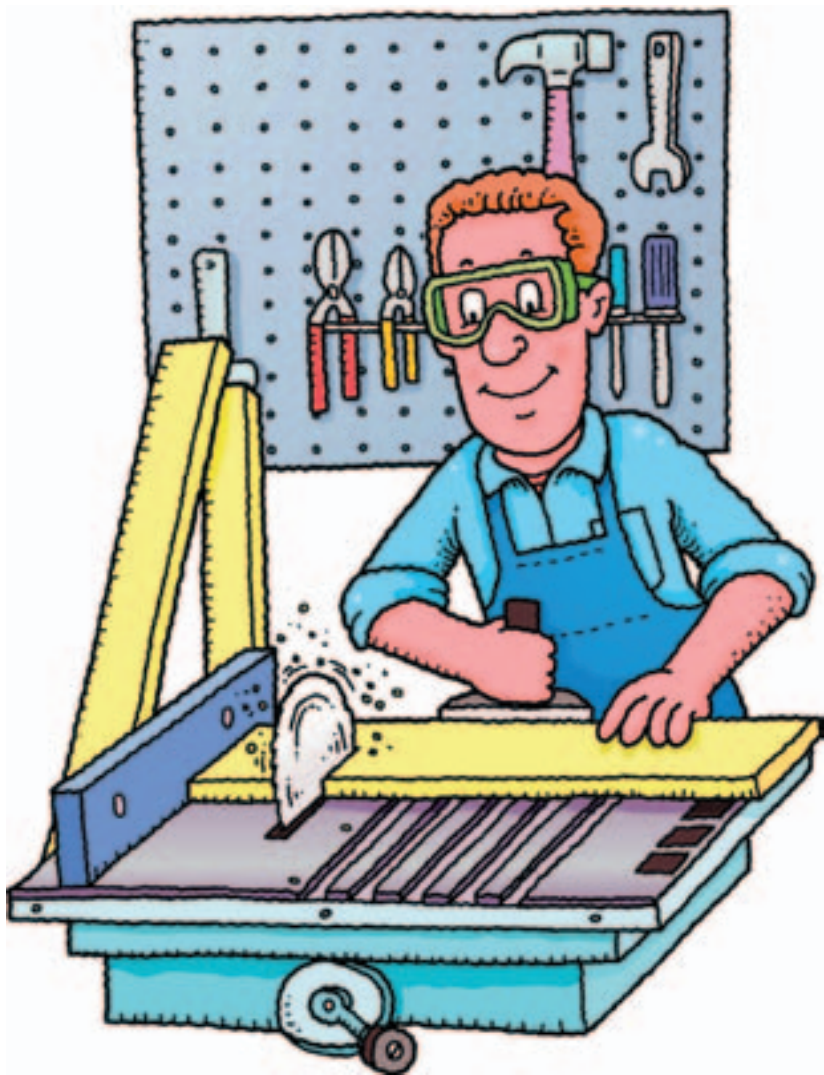
- ♦ Are lightweight
- ♦ Protect against welding splatter
- ♦ Are not likely to fog
- ♦ Are stronger than glass and plastic
- ♦ Are more impact resistant than glass or plastic
- ♦ Are not as scratch resistant as glass

Does safety eye protection work?

Yes, eye protection does work. The Wise Owl Program, sponsored by Prevent Blindness America, has recognized more than 86,000 people

who avoided losing their sight in a workplace accident because they were wearing proper eye protection.

For more information on eye safety, e-mail us info@preventblindness.org or call (800) 331-2020.



File illustration



File photo

American Dietetic Association urges annual ‘nutrition checkup’

Press Release
American Dietetic Association

You know who your doctor is.

But who is your registered dietitian?

“In the same way that you have a physician whom you see regularly to manage your medical needs, everyone should also see an RD routinely for help in managing your nutritional needs,” says registered dietitian and American Dietetic Association spokesperson Joan Salge Blake.

Salge Blake encourages all consumers to mark National Nutrition Month and the first annual Registered Dietitian Day March 10 by establishing an ongoing relationship with the food and nutrition expert, an RD.

Salge Blake, a faculty member at Boston University, says her students — and their families and friends — are amazed to discover how small lifestyle changes, such as adding more vegetables to their daily eating plans, quickly add up and pay big health dividends over time.

Registered dietitians use their nutrition expertise to help individuals make just

these types of unique, positive lifestyle changes.

“Through annual visits to a registered dietitian for a ‘nutrition checkup,’ individuals can obtain dietary advice and guidance based on their changing health needs,” Salge Blake says. “These checkups enable you to not only address nutrition and health problems as they occur, but most importantly, prevent problems that are potentially looming down the road.

“Do you have high cholesterol or high blood pressure? Are you dangerously overweight or even just have a few pounds to lose? Don’t wait until you have a stroke or a heart attack. The RD’s role is to take our expertise based on the current nutrition science and personalize it to fit your individual lifestyle,” Salge Blake says.

“People often are not

aware that many health insurance plans now cover visits to a registered dietitian, sometimes without a doctor’s referral,” Salge Blake adds, “so check with your insurance company.”

In 2002, Medicare began reimbursing for medical nutrition therapy provided by an RD for people with diabetes and kidney disease, and private insurers increasingly are covering visits to registered dietitians for treatment of obesity, high blood pressure and high blood cholesterol levels.

Insurance coverage is only one of the benefits of choosing a registered dietitian over someone calling him or herself a “nutritionist,” who could be anyone from a personal trainer to a health food store employee. Nutritionists may have little or no qualifications for dispensing nutrition advice, Salge Blake says.



Chief Petty Officer 2nd Class Adam Mitchell, hospital corpsman, Marine Aircraft Group 24, shows how to swab for DNA when donating to the bone marrow registry. The Department of Defense Bone Marrow Donor Program is sponsoring several registry drives, including one March 15 at Mokapu Mall from 9 a.m. to 4 p.m.



Chief Petty Officer 2nd Class Jonathan Vandervis, hospital corpsman, MAG-24, reads instructions on how to collect bone marrow donor samples. Doctors test donor swabs for 12 genetic markers that match transplant patients. The Department of Defense is the largest contributor to the national marrow registry.

Bone marrow drive seeks to save lives

Christine Cabalo
Photojournalist

A simple swab to the cheek could save one of more than 6,000 patients who need a bone marrow transplant. The Department of Defense seeks volunteers for the Bone Marrow Donor Program's registry drive March 15 at Mokapu Mall from 9 a.m. to 4 p.m. Several units will also hold drives during the week. Potential donors can sign up on site or take home a kit to turn in later. "It's a really easy process," said Dan Dufrene, health promotion coordinator, Marine Corps Community Services. "I think not as many people donate to the registry because of misinformation. Some are worried its painful or think they're disqualified because they've been turned down as blood donors."

Dufrene, one of several registry drive coordinators, said no blood is taken during the new screening process. Doctors test collected cotton swabs for DNA, searching for 12 genetic markers that match a patient. Anyone may register unless they have active cancer, HIV or AIDS. Finding a match is rare, he said, and it may take as many as 300 people to register before a patient finds a suitable donor. Some patients die before finding a donor, like the mother of former Marine J.P. Otomo, who works as a simulation analyst with 3rd Marine Regiment. His mother died July 2005, after being diagnosed with leukemia a year and a half earlier. "I have to kick myself now because I wasn't tested to see if I was a match," the former Marine said. "At the time, I was told not to worry about it because it seemed like a slim chance

I'd be a match. There would have been a better chance with my mother's sisters, but none of them matched. It's something I still wonder about — would I have been a match?" Without a bone marrow transplant, Otomo said his mother used another type of stem cell therapy that worked for just a few months before her death. After reading an e-mail from program coordinators asking for assistance, he decided to register and volunteer. Roughly 8 percent of patients are DoD employees or their relatives, said Chief Petty Officer Victor Flores, hospital corpsman, Marine Aircraft Group 24. Flores, who will help collect and send donor swabs for testing, said the DoD is the biggest contributor to the national registry. If sick service members or their relatives find a match, the department pays for all costs of

the transplant. The hospital corpsman said the actual transplant doesn't hurt much, and others who experienced pain may have opted to proceed without painkillers to keep costs low. "About 60 percent of the time if you are selected to be a donor, you'll go through apheresis," Flores said. "Doctors will use a needle to take out white blood cells and put back the donor's red blood cells." Donors may also give their bone marrow through the older process of needle aspiration biopsy, where doctors take a sample through the hipbone. The program coordinator said both methods extract pure immune cells that can fight various blood diseases and cancers. Flores, who worked previously at National Naval Medical Center's oncology ward in Bethesda, Md., said he hopes the drive brings out 1,000 people to register.

"The new collection method is great because it's less invasive and it's easier for us," he said. "We can hold samples longer, and now anyone can volunteer to collect them." As a volunteer, Otomo said he realizes how anyone at any time can be diagnosed with a disease requiring a transplant. He said he hopes his work will help spare someone else from suffering, and the simulation analyst said he knows patients need transplants as soon as possible. "My mom was the healthiest person I knew," Otomo said. "She had a good diet and always exercised. When she got sick and the need for a bone marrow donor happened, it came out of left field." For more information about registry drives or to volunteer, call the Health Promotion Coordinator's office at 254-7636.

IPAC honors local Marine at K-Bay Officers' Club

Lance Cpl. Brian A. Marion
Combat Correspondent

Thousands of Marines have deployed in support of Operation Iraqi and Enduring Freedom, with heroes like Cpl. Jason L. Duhnam and Sgt. Rafael Peralta giving the ultimate sacrifice to save men under their command. But those who return are also heroes. They've fought and seen things most people wouldn't want to. Hundreds of these Marines walk the streets here each day, going about their business and doing their jobs. But what about honoring them? What about telling them they're appreciated? On Feb. 21, the Inbound Personnel Administration Center honored Sgt. Adam Morrison, rifleman, Alpha Company, 1st Battalion, 3rd Marine Regiment, one of today's heroes at their first IPAC mess night in the Officers' Club here. "The mess night is about

honoring each other, ourselves, the past and present, our achievements and our Corps," said Master Gunnery Sgt. Timothy Cortes, staff non-commissioned officer-in-charge, IPAC. "Today we are honoring one of today's heroes. He has served two tours in Iraq and one in Afghanistan. We really want to honor him on this day, and we want to give our Marines a glimpse of customers they serve." Morrison joined the Corps in 2003 and went through boot camp at Marine Corps Recruit Depot, San Diego, and went to the School of Infantry at Camp Pendleton, Calif. He then received orders to 1/3 and deployed in support of Operation Iraqi Freedom. Morrison participated in Operations Phantom Fury and al Fajar in Fallujah, where he received gunshot wounds and shrapnel from a grenade. "We are honored to honor him," Cortes said. "He was in the same room as Sgt. Peralta when he dove onto the

grenade to save his squad." In December 2005, Morrison deployed to Afghanistan. While participating in Operation Mountain Lion, his patrol came under heavy fire from two machine gun positions along with multiple rocket propelled grenades. During the attack, Morrison directed his M-249 squad automatic weapon gunners into firing position, gaining fire superiority and suppressing enemy machine guns. "[Morrison] is one of the most motivating sergeants I've ever seen," said Chief Warrant Officer 4 Nicholas Bartlone, deputy director, IPAC. "He was a leader in combat three times, and he saved his entire unit from receiving more fire in one of them. He is an outstanding Marine." Morrison, on the other hand, was impressed with the way they treated him throughout the entire process. "IPAC has been great through the entire process,"



Sergeant Adam Morrison, Alpha Company, 1st Battalion, 3rd Marine Regiment, holds a statue presented to him by Master Gunnery Sgt. Timothy Cortes, staff non-commissioned officer-in-charge, Inbound Personnel Administration Center, left, and Chief Warrant Officer 2 Nicholas Bartlone, deputy director, during IPAC's first mess night at the Officers' Club here Feb. 21.

Morrison said. "They were completely awesome leading up to today. Whenever they picked me up or anything, they were in [the dress blues "D" uniform], and they did a great job on everything. Most units really don't recognize them, but it's nice to remem-

ber that we really can't do anything without them. I'm moving next week, and I can think of no other way to leave a unit or base than being honored." Through honoring Morrison, the leaders at IPAC hope to enlighten their Marines about

their customers. "We want them to better understand the kinds of people they are supporting," Bartlone said. "Some of their customers are heroes, and that there are a lot of everyday heroes right on this base."



Photos by Lance Cpl. Achilles Tsantaliotis

Participants walked, ran, sprinted and swam their way through the mud-addled route during CSSG-3's 14th annual Swamp Romp, Saturday at the Nu'upia Ponds.



Participants finish the last stretch before the finish line during CSSG-3's 14th Annual Swamp Romp. The roughly five-mile run was riddled with thick mud, sand, water and other uninhabitable terrain, ensuring it was a run to remember.

SWAMP, from C-1

headquarters building and ended near the base's back gate.

Aside from destroying clothing and upsetting washing machines across the island, the event was held to help maintain physical fitness and provide a fun community event, while raising money for CSSG-3's fundraiser.

"It's a lot of fun seeing people covered in mud," said Meagan Brophy, varsity sports coordinator, Marine Corps Community Services. "It's a good way to give Marines a fun event to aid in maintaining physical fitness, while allowing civilians and the community a chance to compete alongside them – 'be a Marine for a day.'"

The route weaved through the pond trails, thick swamp areas, sandy stretches, all while implementing various obstacles – sometimes just

forcing the competitors through parts of terrain or making it slightly harder with low-crawling.

The event originally came about as a way to help keep Marines physically fit and slowly kept growing and growing, Brophy said.

"The [Swamp Romp] continually expanded," she said. "Seeing people enjoy themselves with the military, or giving an opportunity to civilians to come see what Marines are all about just makes it an event to look forward to every year."

Most of the participants enjoyed the dirty run despite being covered in layers of mud.

"I look forward to it every year," said Erwin Gregorio, a competitor. "It's great because it gives people a chance to train hard to compete while allowing people to participate leisurely and enjoy the event ... some of the events aren't something you look forward to rushing through."



Helping a teammate knee deep in mud. Participants ran as teams of six, totalling 300 teams in Hawaii's dirtiest footrace: CSSG-3's 14th Annual Swamp Romp.



Jared Gregoire, Ugly Angels, dribbles down court on a fast break during an Intramural Basketball League game against the EasyRiders Monday night at the Semper Fit Center here.

B-BALL, from C-1

The game started slow, each team working their offense, getting a feel for their opponents. “It’s been a while since we’ve played last season, so we just have to get back into playing together as a team,” said Walt Flowers, Riders team captain. “We’re getting players back from deployment which will help a lot this season.”

In the first half, the Riders had a 10-point lead with four minutes left on the clock. Scoring 12 points himself, Chad Johnson helped the Riders get the spread by scoring more than half their points in the first half.

“Tonight, Chad Johnson had a great game for our offense,” Flowers said. “He started sinking them in the first half and kept them coming the entire game.”

Isacc Griffith kept his team in the game by scoring six of the Angels’ seven points in the first half.

The Riders managed to swish in five more points before the buzzer, leaving the scoreboard reading 22-7 at halftime.

“With a deep bench we can keep our first string fresh by getting the other players game time to improve on their game for later in the season,” Flowers said.

The resilient Angels brought on the heat in the second half, quickly wearing out the Riders’ fresh second string.

“We know how to pressure the ball as a team pretty well,” Valdez said. “We can really bring the hustle on defense.”

Despite having no substitutes, the Angels’ five-man swooshed in 17 points against

the Riders with six minutes left. They outscored the Riders five points, getting them within arms reach of the Riders’ lead, 34-24.

“Defensively, we have a tall team,” Flowers said. “We usually keep teams below 50 points and can outscore them offensively.”

The Angels dug deep and grabbed rebound after rebound to beat the Riders

down the court, quickly closing the gap.

Within two minutes, the Angels scored 12 points and kept the Riders to one basket. Three minutes and 30 seconds to go, the game was tied, 36-36.

With the ball in their possession, the Riders tried to run the clock as long as possible. They battled the Angels’ fierce press to grab four more points.

Neither team let up their intensity, both fighting for the win until the buzzer sounded.

The clock ended the battle too soon for the Angels, and the Riders walked away with the win, 40-36.

“Once we get all our players back we’ll have a pretty solid team,” Valdez said. “We played well together, and we’ll be much stronger as a full team.”

BOWLING, from C-1

“We’ve met a lot of other families through activities like this today.”

Operation Homefront is funded by Marine Corps Family Team Building through MCCA, explained Louise Yager, MCCA area coordinator.

“The goal of Operation Homefront is to say ‘thank you’ to the deployed families,” Yager said. “The program is a way for families to build a support network with other families.”

Cheryl Roy said she had a great time working at the event. She recently joined Marine Corps Family Team Building, which supports deployed units at no cost.

“I’m really enjoying being part of the program so far,” Roy said. “It’s all about team building. We hope to improve their quality of life of deployed families through the programs we offer.”



Jada Bennett, 5-year-old participant, bowls with her older brother and mother at family bowling day, hosted by K-Bay Lanes Saturday.

AROUND THE CORPS

UFC champs visit Pendleton

Cpl. Ray Lewis

MCB Camp Pendleton

MARINE CORPS BASE CAMP PENDLETON, Calif. — Ultimate Fighting Championship fighters Chuck “The Iceman” Liddell and Dean “The Boogeyman” Lister and the stars of the TAPOUT Reality show visited and trained with Marines here Feb. 15.

Chuck Liddell said it was no problem finding time for the Marines.

“They do a lot for us, so we wanted to stop by,” Liddell said. The fighters and TAPOUT stars first got a taste of the Corps’ newest warfighting tool: The Infantry Immersion Trainer. The indoor village and shoot house gave the group a feel of what patrolling through Iraq could be like.

After getting pegged with paint-filled pellets, the fighters headed to the Country Store. Chuck Liddell signed copies of his new book, “Iceman,” for Marines and their families while the TAPOUT crew signed posters and promoted their clothing line. A line of “mohawked” children and anxious fans stretched from the entrance of the shopping center to the Country Store, where Chuck was waiting.

“I’m excited to see Chuck Liddell,” said Staff Sgt. Nathan K. Johnston, who waited in line for hours with his son Collin to see the mixed martial artist.

Since the fans were willing to wait, so were the fighters and TAPOUT. The group stayed until almost everybody had an autograph and a picture.

The fighters and TAPOUT then zipped to Del Mar Beach to take a ride in an Amphibious Assault Vehicle.

“We had a blast on the amphibious vehicle,” Liddell said. The group finished the

day with a hands-on demonstration of the Marine Corps Martial Arts Program, led by black belt instructor Sgt. Vianney Ramirez. Ramirez then invited the UFC fighters to coach his younger Marines while they squared off on the sands of Del Mar Beach.

“It’s crazy how a lot of what we do is the same as what [the fighters] do,” said Ramirez, 23, an ammunition technician with Ammunition Company, Combat Logistics Regiment 15, 1st Marine Logistics Group. “It gives us hope and motivation to carry on.”

The ammo tech was just glad to see them come out.


“I can’t thank them enough,” said Ramirez, a New York City native. “It means a lot.”



Cpl. Ray Lewis

Ultimate Fighting Championship fighter Chuck Liddell gets ready to ride in an Amphibious Vehicle at Del Mar beach, Camp Pendleton, Calif.

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